

FOOD-BASED MENU PLANNING APPROACH-MEAL PATTERN FOR LUNCHES

MINIMUM REQUIREMENTS		
FOOD COMPONENTS AND FOOD ITEMS	AGES 1-2	PRESCHOOL
Milk (as a beverage)	6 fluid ounces	6 fluid ounces
Meat or Meat Alternate (quantity of the edible portion as served):		
Lean meat, poultry, or fish	1 ounce	1½ ounces
Alternate protein products ¹	1 ounce	1½ ounces
Cheese	1 ounce	1½ ounces
Large egg	½	¾
Cooked dry beans or peas	¼ cup	3/8 cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds equals 1 ounce of cooked lean meat, poultry or fish).	½ ounce =50%	¾ ounce =50%
Vegetable or Fruit: 2 or more servings of vegetables, fruits or both	½ cup	½ cup
Grains/Breads(servings per week): Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 servings per week ² – minimum of ½ serving per day	8 servings per week ² – minimum of 1 serving per day

¹ Must meet the requirements in appendix A of 7 CFR 210.

² For the purposes of this table, a week equals five days.

³ Up to one grains/breads serving per day may be a dessert.

The Enhanced Food Based Menu Planning Approach is designed to meet the nutritional standards set forth in program regulations.